

# New Mexico Department of Health Family Planning Program



### Title X Program Goals:

- \* Reduce unintended teen births
- \* Reduce unintended pregnancy
- \* Reduce Chlamydial sexually transmitted infections that may cause infertility

### DOH Performance Measures:

- \* Rate of births to teens
- \* % of teens given most/moderately effective contraception
- \* # of teens successfully completing programming

### Clinical services

- Reproductive health services
- Contraceptive counseling/management
- Shared decision-making
- Laboratory testing

### Educational programming

- youth development programming, including service-learning and parent training
- community education & outreach

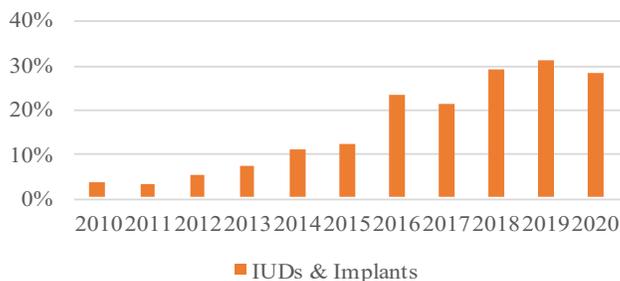
### State Facts About Unintended Pregnancy:

- **In 2020, Title X clinical services were provided to 7,707 people:** 7,459 female clients, 248 male clients, and 2,048 teens younger than 20. The client count in 2020 was significantly decreased due to the COVID-19 pandemic.
- In 2018, 43.2% of pregnancies in NM were unintended or mistimed or to women who weren't sure if they wanted to be pregnant at time of conception (NM PRAMS, 2020).

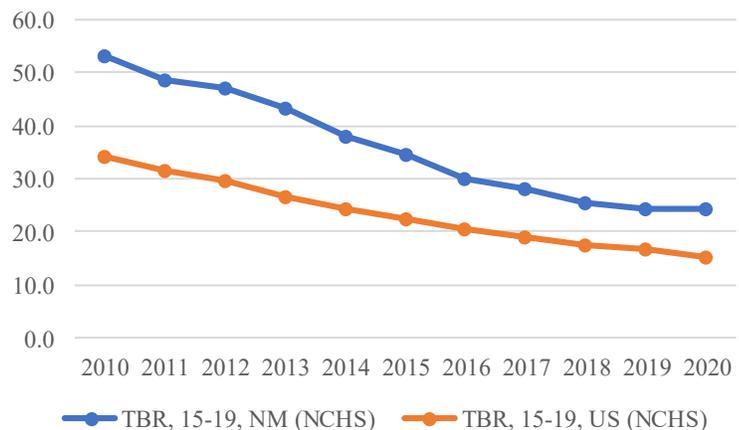
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**NM teen birth rates decreased by 30.0% from 2015 to 2020 (NCHS).**

US teen birth rates decreased by 31.4% from 2015 to 2020 (NCHS). State and national 2020 data is provisional.

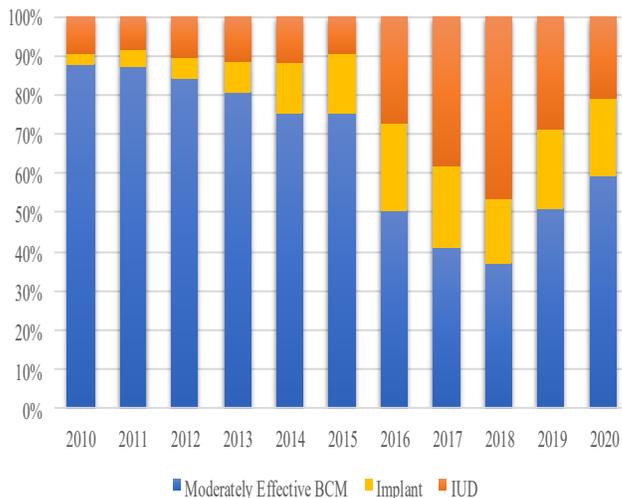
### Teen Use of IUDs & Implants in PHOs



### Teen Birth Rate, per 1,000



### Methods Used by Women of All Ages at PHOs



**All forms of contraceptives are available in 41 public health offices (PHOs) and 15 community or school-based health centers across the state.**

**The use of IUDs and implants increased from 25% in 2015 to 36% in 2020 in all ages and from 12% in 2015 to 28% in 2020 in teens aged 15-19. As the use of most-effective methods increased, the reliance on moderately-effective methods decreased.**

## NM DOH FPP Recommended Strategies

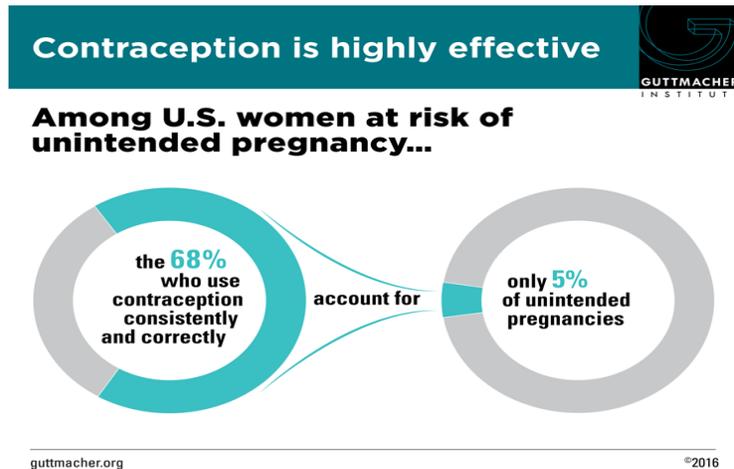
**Family planning clinical services** that offer access to confidential services at low or no cost; increased access to most and moderately effective contraceptive methods; and telemedicine services to increase access to birth control for high risk populations in areas with clinician shortages.

**Service learning and positive youth development programs** promote positive outcomes for teens by providing meaningful service to develop and practice life skills. Through community engagement and positive relationships, teens develop self-efficacy and adopt healthy behaviors enabling them to reach their full developmental potential. Wyman's *Teen Outreach Program (TOP)* utilizes service learning and positive youth development components to delay childbearing and increase school success and retention.

**Comprehensive sex education** provide youth with age-appropriate and medically accurate information to reduce the risk of sexually transmitted infections and unintended pregnancy. These programs teach youth communication, negotiation, and life skills to support healthy and informed decision-making. Lessons on forming values and healthy relationships are incorporated into the program to help youth make responsible decisions and promote healthy relationships.

**Adult-teen communication programs**, like *From Playground to Prom*, give adults information and skills to communicate effectively with young people about reducing risky sexual behavior. Parents influence teen decisions about sex more than their friends, the media, or their siblings. Most teens say that it would be much easier for them to postpone sexual activity if they had open, honest conversations with their parents or trusted adults.

**The impact of Title X clinical services in NM is a total net savings of over \$20 million in 2019-dollars (AGI, 2020).**



**GUTTMACHER INSTITUTE**

**2015**

**TITLE X**

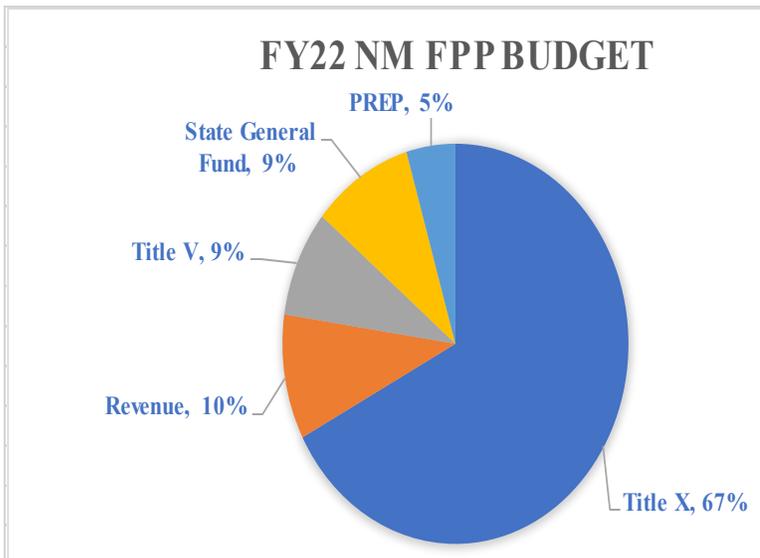
**MAKES A DIFFERENCE**

<b>Women served</b>	<b>Outcomes averted</b>
<b>3.8</b>	→ Unintended pregnancies <b>822,300</b>
<b>MILLION</b>	→ Abortions <b>277,800</b>
	→ Unintended adolescent pregnancies <b>188,700</b>

**WITHOUT Title X-funded family planning services in 2015**

- unintended adolescent pregnancy would have been 44% higher
- unintended pregnancy and abortion would have been 31% higher

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For FY22, the NM Family Planning Program (FPP) is funded through Federal grants (81%), revenue from Medicaid (10%), and the State (9%).